

Bunion

Bunions are one of the most common foot deformities that may or may not cause forefoot pain. They can be hereditary or caused by ill-fitting footwear or poor foot function.

Common Risk Factors

- Poor-fitting footwear
- Genetics
- Joint mobility
- Injury/trauma
- Other medical condition (rheumatoid arthritis/gout)

The appearance of bunions cannot be resolved with non-surgical treatment option. The goal of non-surgical treatment is to help you walk pain-free

Common Non-Surgical Treatment Options:

- Wide fitting footwear
 - To provide enough support for the foot and space at the forefoot area
- Orthoses
 - For better foot function and to slow down progression of the bunion
- Exercise
 - Foot exercises help to strengthen the small muscles in the foot. These exercises should be prescribed by a therapist

If you have any further questions, kindly consult your medical professional.

For more information, scan the QR codes below:

How to choose appropriate footwear



<https://for.sg/9mb413>

<https://www.ah.com.sg/Publications/Choosing%20Appropriate%20Footwear.pdf>

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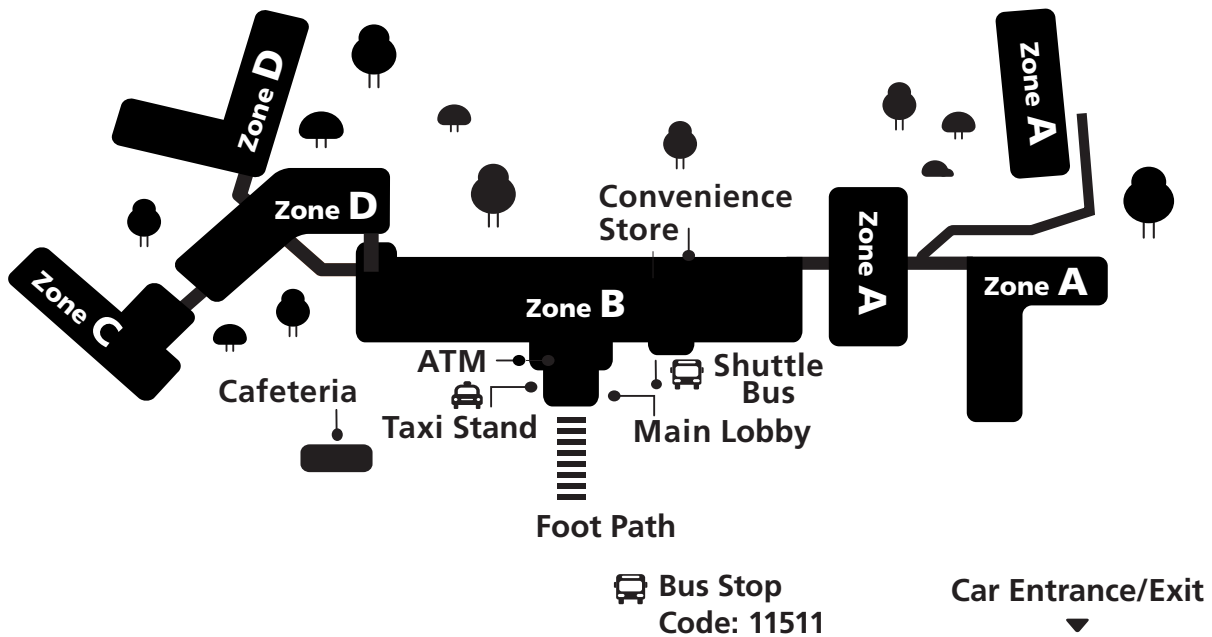
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<https://for.sg/9ce2eu>

Scan the QR code to see the full directory of facilities!

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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